

APPENDIX D TO PART 101—NUTRITION FACTS FOR COOKED FISH

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Nutrition facts ¹ fish (84 g/3 oz)	Cal- ories	Cal- ories from fat	Total Fat (g) (%)	Saturated Fat (g) (%)	Trans Fat (g)	Cholesterol (mg) (%)	Sodium (mg) (%)	Potassium (mg) (%)	Total Carbo- hydrate (g) (%)	Dietary Fiber (g) (%)	Sug- ars (g)	Pro- tein (g)	Vita- min A (%)	Vita- min C (%)	Cal- cium (%)	Iron (%)	
Blue crab	100	10	1	2	0	0	95	32	330	14	300	9	0	0	0	20	4
Catfish	130	60	6	9	2	10	0	50	17	40	2	230	7	0	0	0	0
Clams, about 12 small	110	15	1.5	2	0	0	0	80	27	95	4	470	13	6	2	0	0
Cod	90	5	1	2	0	0	0	50	17	65	3	460	13	0	0	0	0
Flounder/sole	100	15	1.5	2	0	0	0	55	18	100	4	390	11	0	0	0	0
Haddock	100	10	1	2	0	0	0	70	23	85	4	340	10	0	0	0	0
Halibut	120	15	2	3	0	0	0	40	13	60	3	500	14	0	0	0	0
Lobster	80	0	0.5	1	0	0	0	60	20	320	13	300	9	1	0	0	0
Ocean perch	110	20	2	3	0.5	3	0	45	15	95	4	290	8	0	0	0	0
Orange roughy	80	5	1	2	0	0	0	20	7	70	3	340	10	0	0	0	0
Oysters, about 12 medium	100	35	4	6	1	5	0	80	27	300	13	220	6	6	2	0	0
Pollock	90	10	1	2	0	0	0	80	27	110	5	370	11	0	0	0	0
Rainbow trout	140	50	6	9	2	10	0	55	18	35	1	370	11	0	0	0	0
Rockfish	110	15	2	3	0	0	0	40	13	70	3	440	13	0	0	0	0
Salmon, Atlantic/Coho/Sockeye/Chinook	200	90	10	15	2	10	0	70	23	55	2	430	12	0	0	0	0
Salmon, Chum/Pink	130	40	4	6	1	5	0	70	23	65	3	420	12	0	0	0	0
Scallops, about 6 large or 14 small	140	10	1	2	0	0	0	65	22	310	13	430	12	5	2	0	0
Shrimp	100	10	1.5	2	0	0	0	170	57	240	10	220	6	0	0	0	0
Swordfish	120	50	6	9	1.5	8	0	40	13	100	4	310	9	0	0	0	0
Tilapia	110	20	2.5	4	1	5	0	75	25	30	1	360	10	0	0	0	0
Tuna	130	15	1.5	2	0	0	0	50	17	40	2	480	14	0	0	0	0

¹ Cooked, edible weight portion. Percent (%) Daily Values are based on a 2,000 calorie diet.

PART 102—COMMON OR USUAL NAME FOR NONSTANDARDIZED FOODS

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102.28 Foods packaged for use in the preparation of “main dishes” or “dinners.”

102.33 Beverages that contain fruit or vegetable juice.

102.37 Mixtures of edible fat or oil and olive oil.

102.39 Onion rings made from diced onion.

102.41 Potato chips made from dried potatoes.

102.45 Fish sticks or portions made from minced fish.

102.46 Pacific whiting.

102.47 Bonito.

102.49 Fried clams made from minced clams.

102.50 Crabmeat.

102.54 Seafood cocktails.

102.55 Nonstandardized breaded composite shrimp units.

102.57 Greenland turbot (*Reinhardtius hippoglossoides*).

AUTHORITY: 21 U.S.C. 321, 343, 371.

SOURCE: 42 FR 14322, Mar. 15, 1977, unless otherwise noted.

Subpart A—General Provisions

§ 102.5 General principles.

(a) The common or usual name of a food, which may be a coined term, shall accurately identify or describe, in as simple and direct terms as possible, the basic nature of the food or its characterizing properties or ingredients. The name shall be uniform among all identical or similar products and may not be confusingly similar to the name of any other food that is not reasonably encompassed within the same name. Each class or subclass of food shall be given its own common or usual name that states, in clear terms, what it is in a way that distinguishes it from different foods.

(b) The common or usual name of a food shall include the percentage(s) of any characterizing ingredient(s) or

component(s) when the proportion of such ingredient(s) or component(s) in the food has a material bearing on price or consumer acceptance or when the labeling or the appearance of the food may otherwise create an erroneous impression that such ingredient(s) or component(s) is present in an amount greater than is actually the case. The following requirements shall apply unless modified by a specific regulation in subpart B of this part.

(1) The percentage of a characterizing ingredient or component shall be declared on the basis of its quantity in the finished product (i.e., weight/weight in the case of solids, or volume/volume in the case of liquids).

(2) The percentage of a characterizing ingredient or component shall be declared by the words “containing (or contains) ___ percent (or %) _____” or “___ percent (or %) _____” with the first blank filled in with the percentage expressed as a whole number not greater than the actual percentage of the ingredient or component named and the second blank filled in with the common or usual name of the ingredient or component. The word “containing” (or “contains”), when used, shall appear on a line immediately below the part of the common or usual name of the food required by paragraph (a) of this section. For each characterizing ingredient or component, the words “___ percent (or %) _____” shall appear following or directly below the word “containing” (or contains), or directly below the part of the common or usual name of the food required by paragraph (a) of this section when the word “containing” (or contains) is not used, in easily legible boldface print or type in distinct contrast to other printed or graphic matter, and in a height not less than the larger of the following alternatives:

(i) Not less than one-sixteenth inch in height on packages having a principal display panel with an area of 5 square inches or less and not less than one-eighth inch in height if the area of the principal display panel is greater than 5 square inches; or

(ii) Not less than one-half the height of the largest type appearing in the part of the common or usual name of